



CFA Today

February 2004

Volume 9, Issue 2

MWR Phone Numbers:

CFA Service Line	833-2005
ACS	833-2852
Arts & Crafts	833-2940
Bowling Center	833-2849
Eagle's Nest	833-5555
Gas Light Snack Bar	833-4446
South Towne Grill	833-4789
Outdoor Shop	833-3129
Physical Fitness Center	833-2159
Vending Hot Line	833-2727

"The Trophy Has Left The Building"

by Ray Romero

The Tooele Fantasy Football League has just completed its fifth year of play. They had a total of 12 teams that participated in the league this year. This is the first year that the Traveling Trophy has left building 1002. Teams in the Northern Division were: Bulldogs, coached by Doug Wolter, Dew Dudes, coached by Dewey Wickham, Ram-Jam, coached by Jeff Rydalch, JC's coached by John Curwen, River Bandits coached by Lynn Allie and Mo-Fo's coached by Rick Speer.

In the Southern Division, there were Who Cares coached by Bob Vargas, Ankel Grabberzz coached by Tom Turner, Nobodies coached by Ray Romero, Mudhens coached by Jeff



New winner, Bob Vargas receives "Fantasy Football Trophy" from past champion Ray Romero

(Continued on Page 3)



2004 Fantasy Football Coaches from left to right: Jason Vargas, Ray Romero, Richard Trujillo, Bob Vargas, Doug Wolter, Dewey Wickham, Jeff Gillette, Lynn Allie, Jeff Rydalch, John Curwen and Tom Turner

Watch for the Crab Crack!

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Community & Family
Activities
Building 1002
Tooele Army Depot
Tooele, UT 84074-5032
(435) 833-2039

John Curwen
Chief, Community & Family
Activities

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Holiday Dining for the Troops



Christmas Day, soldiers were honored with a delicious formal hot turkey and Prime Rib dinner at building 5108. Morale, Welfare, and Recreation (MWR) staff: John Curwen (Chief of Community and Family Activities), along with Doug Wolter, Sherry Fitzgerald and Ray Romero and Deseret Chemical personnel: Lloyd Laycock, Linda Laycock (Lloyd's wife), Mark Merboth and his daughter, Chuck Sprague, and Richard Trujillo put on an excellent Christmas Day dinner for the troops.



New Years Eve, Morale, Welfare, and Recreation (MWR) again, brought in a wonderful dinner. Because of the snow storm, they had to transport steaks from the building across from 5108. The dinner consisted of two and a half inch thick rib eye steaks (which looked like small roasts), gigantic shrimp, baked potatoes, salad, desert, and drink. No one walked away hungry. If they did, it was their own fault. What a way to begin the New Year.



Pictures by Richard Trujillo, Environmental and Chuck Sprague, Deseret Chemical's Public Affairs Officer

(Continued from Page 1—Fantasy Football)

Gillette, Richard's Ratzz coached by Richard Trujillo and Sting Rays coached by Jason Vargas.

Final standings were as follows:

Northern Division:

	Wins	Losses
Bulldogs	7	4
Dew Dudes	7	4
Ram-Jam	6	5
JC's	6	5
River Bandits	4	7
Mo-Fo's	3	8

Southern Division:

	Wins	Losses
Who Cares	9	2
Ankle Grabberzz	8	3
Nobodies	5	6
Mudhens	5	6
Richard's Ratzz	4	7
Sting Rays	2	9

The top three teams from each division advanced to the playoffs. Ties were broken by head-to-head competition, with the division winner getting a first-place bye.

Playoff Week One Results:

Dew Dudes	55	Ram Jam	53
Ankle Grabberzz	93	Nobodies	57

Playoff Week Two Results

Who Cares	80	Ankle Grabberzz	78
Dew Dudes	86	Bulldogs	35

In the championship game, Who Cares destroyed Dew Dudes by a whopping score of 151 to 77 to finally take the coveted trophy out of MWR hands for the first time in four years.

Championship winner, Bob Vargas had this to say, "After four years of sitting in the MWR Office, collecting dust, the Fantasy Football Trophy finally departs TAD and heads to DCD, where it will be on display in building 3309!"

Tuesday, January 15, we held our awards banquet at the Eagle's Nest. Refreshments were served and some changes for next year were discussed. Hopefully, everyone who had a team this year will come back next year for another exciting season of fun.

ITR/Outdoor Shop**Escape the Winter Doldrums at Disneyland**

by Lita McLemore

Are you planning to take a trip to southern California this winter and want to include Disneyland in your experience? Consider coming by the ITR Office at building 1011 and picking up your park tickets. We have some of the lowest ticket prices around. If a one-day tour of the park is up your alley, buy a Disneyland "Choice" one-day pass for adults for \$41 and child's pass for \$35. This pass will allow you to visit either Disneyland resort park, or the new Disney California Adventure Park. You can celebrate the fun and adventure of California at this exciting and whimsical park, which was designed as a uniquely themed land including the Grizzly River Run Rapids, "Soarin' Over California" (an airborne adventure), "Who Wants to be a Millionaire," and many other attractions.

Or choose to go to the more traditional Disneyland Park and meet memorable Disney characters, discover exclusive attractions and enjoy spectacular entertainment. Eight lands of fantasy and magic await your exploration. Additionally, feel the energy of uptown fun at the ultimate gathering place at Downtown Disney.

There's something for everyone with live entertainment, great dining options and unique shopping opportunities. If you have more time to spend, and feel you can't do the Disney experience justice in one day, try our five-day Disney "Park Hopper." This ticket allows you to choose either park, or do both parks in the same day. The Disneyland five-day Park Hopper adult pass is only \$99, child is \$87. Come and purchase your tickets today and share the experience of a lifetime.

***Some Thoughts on Love***

Love is what makes two people sit in the middle of a bench when there's plenty of room at both ends.

The most important thing a father can do for his children is to love their mother.

Love is an unusual game. There are either two winners or none.

Author Unknown

SOUTHERN CALIFORNIA

Tickets:	ITR
Disneyland One-Day Pass (Adult)	\$41.00
Disneyland One-Day Pass (Child—3 to 9 yrs.)	\$35.00
Disneyland Five-Day Park Hopper (Adult)	\$99.00
Disneyland Five-Day Park Hopper (Child—3 to 9 yrs.)	\$87.00
Universal Studios (Adult)	\$36.00
Universal Studios (Child) (Ages 3-9)	\$30.00
Sea World (Adult)	\$39.00
Sea World (Child)	\$31.00
Knot's Berry Farm (Adult)	\$25.00
Knot's Berry Farm (Child)	\$17.00
Movieland Wax Museum (Adult)	\$ 9.00
Movieland Wax Museum (Child)	\$ 7.00
Medieval Times (Adult)	\$42.00
Medieval Times (Child)	\$31.00
Wild Bill's (Adult)	\$32.00
Wild Bill's (Child)	\$25.00
San Diego Wild Animal Park (Adult)	\$23.00
San Diego Zoo Wild Animal Park (Child)	\$17.00

LOCAL DISCOUNT TICKETS

The ITR Office is offering one set of Jazz Basketball tickets for \$80.00 per set. Tickets are offered for sale through a lottery draw. To enter your name into the lottery data base, you must be a current CFA Card holder, active duty military member or the dependent of a military member. Call X3129 to enter your name in the lottery.

The ITR Office is sponsoring the SKI UTAH "gold passes" again this ski season. The passes may be obtained through the ITR Office. Come by the ITR Office, Building 1011, or call X3129 to inquire about eligibility and reservation procedure.

A valid CFA Card is required by all individuals desiring to utilize CFA facilities and programs (Gymnasium, Outdoor Shop, and Sportsman's Complex.)

CFA GOLD CARD
(\$30.00 Annual Fee)

The CFA Gold Card permits the holder to utilize CFA facilities at reduced rates.

- 15% off of season pass to the swimming pool*
- Use of Gazebo Park for \$15.00 per day
- 30% discount at the Outdoor Shop on rentals over \$40.00
- \$2.00 rate on tanning (regularly \$3.50)
- Access to "Ski Utah Gold" passes.

*Excludes swimming lessons

**Excludes rental of stall/pasture

SNOWMOBILES

	Daily	Wkend	Holiday	Deposit
Polaris RMK (500cc & 600cc)	\$ 90.00	\$180.00	\$230.00	\$200.00
Polaris RMK (700cc)	\$ 100.00	\$200.00	\$250.00	\$400.00

(Double the holiday rate for Week Price)

SKIS

	Daily	Wkend	Holiday	Deposit
Ski Set (Adult 16+Yrs)	\$ 10.00	\$ 12.00	\$ 14.00	\$ 10.00
Ski Set (Child 15-Yrs)	\$ 8.00	\$ 10.00	\$ 12.00	\$ 10.00
Ski Set (X-Country)	\$ 5.00	\$ 7.00	\$ 9.00	\$ 10.00
Snow Board	\$ 10.00	\$ 12.00	\$ 14.00	\$ 10.00
Ski Blades	\$ 8.00	\$ 10.00	\$ 12.00	\$ 10.00
Ski's	\$ 5.00	\$ 10.00	\$ 12.00	\$ 10.00
Boots	\$ 3.00	\$ 6.00	\$ 7.00	\$ 10.00
Poles	\$ 2.00	\$ 4.00	\$ 5.00	\$ 10.00
Ski Tune Up	\$ 20.00			
Ski Hot Wax	\$ 5.00			
Snow Board Hot Wax	\$ 10.00			

(Double the holiday rate for week price)

UTILITY

	Daily	Wkend	Holiday	Deposit
Trailer (4'X6' Old Blue)	\$ 10.00	\$ 20.00	\$ 25.00	\$ 50.00
Trailer (5'X7' ATV)	\$ 15.00	\$ 30.00	\$ 37.00	\$ 50.00
Trailer (Two Place ATV)	\$ 15.00	\$ 30.00	\$ 50.00	\$ 50.00
Trailer (Four Place Snowmobile)	\$ 20.00	\$ 40.00	\$ 50.00	\$ 50.00
Trailer (6'X12' Wells Cargo)	\$ 20.00	\$ 40.00	\$ 50.00	\$ 50.00
Trailer (Wood Hauler)	\$ 20.00	\$ 40.00	\$ 50.00	\$ 50.00

(Double the holiday rate for the week price)

Family Support Office

No Pain, Lots of Gain

Okay, there's some pain. But these four simple steps make having cash to stash at the end of each month a little easier (personal budget planning.)

LIKE "DIET," THE WORD "BUDGET" HAS a ring of self-deprivation about it that causes many of us to avoid the practice of tracking our expenditures. But rather than being restrictive, a budget can actually be empowering. It tells us where we stand financially, allowing us to take control of our finances and stay on track to meet our goals in life.

Many people think the most significant factor in achieving financial success is how much money they make. But that's a myth. People with extremely high incomes can spend their way into a financial mess, while ordinary working folk can become millionaires by living within their means and investing carefully. Remember, you have far more control over how you spend your money than you do over whether your boss gives you a raise. The keys are to assess where your money is going and figure out a way to save a reasonable amount.

1. Determine Your Goals

First of all, spend some time thinking about what you want out of life and what things you need to save for. A comfortable retirement, your children's post-secondary education or the purchase of your own home are costly goals, but they can be attained by setting aside affordable amounts ahead of time and giving your nest egg time to grow. Shorter-term goals could include buying a new car, renovating a house, starting a business, returning to school or taking a trip.

2. Chart Your Expenses

The next step is to sit down with pen and paper and calculate your living expenses. This is most easily done, by categorizing monthly expenses such as: rent or mortgage payments, utilities, food, loan payments, transportation, clothing and entertainment. Then make a separate list for annual expenses such as dental costs, gifts, vacations, insurance, taxes, home repairs and RRSP contributions. Divide your total annual costs by 12, and add that amount to your monthly expenditures.

If you're having trouble assessing smaller expenses, carry a small notebook around with you for a month or two and write down what you spend every time you open your wallet or write a check. Be honest—there's no judgment in this; it's only for your own information.

3. Decide Where You Can Cut Back

You should be saving the difference between your monthly net income and your total expenses. If you're not, it's time to go back to the drawing board and make some realistic estimates about the amount you may be wasting on discretionary spending.

The best opportunities for saving come from eliminating or cutting back on some of your more unnecessary expenditures. Consider how much you spend on items like manicures, haircuts, gym memberships, coffees, dining out, clothing, dry cleaning, babysitting, smoking, drinking, movies, cell phones and taxis. There are countless ways to trim your costs.

4. Save a Set Amount Each Month

One of the best things you can do to improve your financial circumstances is pay off debt, which carries interest and compounds if you don't get rid of it. Then you can begin putting aside a reasonable amount for savings.

Once you know how much you want to save, start "paying yourself first," perhaps by setting up a separate investment account where a portion of your income is automatically transferred from your regular bank account every month. It's much easier to save money that you don't actually ever have available to spend. A good rule of thumb is to try saving 10 percent of your paycheck—that amount shouldn't drastically alter your lifestyle. Gradually and painlessly (and with the help of compounding interest), you'll accumulate the larger sums you need to meet your goals.

(Excerpts taken from Canadian House & Home in association with The Gale Group and LookSmart, May, 2003, by Jade Hemeon). For more information, contact the Family Support Office, building 1012, 833-2852.

The World's Shortest Sales Course

1. Know their business.
2. Know your stuff.

It is not the critic who counts, not the man who points out how the strong man stumbles or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again because there is no effort without error and shortcomings, who knows the great devotion, who spends himself in a worthy cause, who at the best knows in the end the high achievement of triumph and who at worst, if he fails while daring greatly, knows his place shall never be with those timid and cold souls who know neither victory nor defeat.

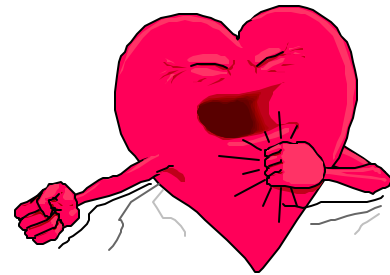
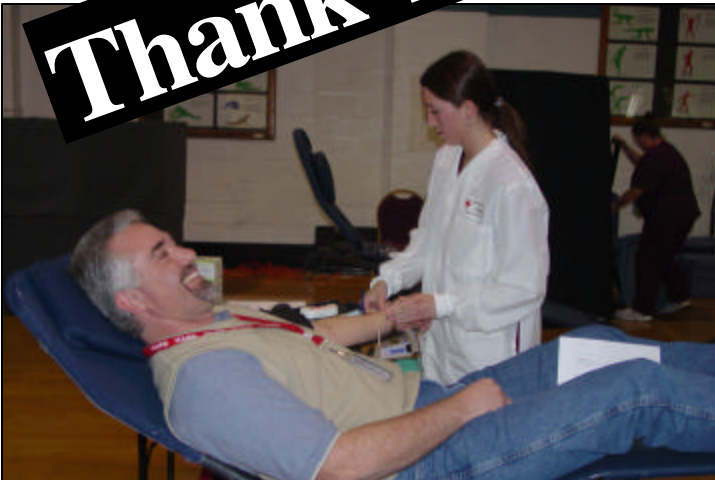
_____*Theodore Roosevelt*

Family Support Office**TEAD Blood Drive**

Thursday, January 22, 2004, 11 AM to 4 PM, the American Red Cross with the help of Family Support Services, set up a station at Tooele Army Depot for their blood drive. There was a steady stream of contributors, 39 in all. The blood drive was a success. A HUGE THANK YOU to the blood donors. The American Red Cross is in need of blood and your support is truly appreciated. TEAD's last blood drive was May 23, 2001.



Thank You Donors!



Arts & Craft Center

“Valentine Potluck Lunch” will be Saturday, February 28, 2004. Bring a food dish and enjoy half off all fees for Craft Center Activities! (Does not include framing or any retail activities.) Each month will bring a new theme for our potluck lunches. Watch for the next one.

Hours of Operation:

Sunday—Thursday 2:00 PM to 8:00 PM
Friday—Saturday 9:00 AM to 8:00 PM

Schedule for Classes:

Basic Pottery Skills
By appointment

Farrell Bailey & Jvonne Jarvie
Wed 6:00 PM—8:00 PM

Schedule for Certification:

Ceramic Tec.	Tue—5:30—7:00 PM
Ceramic Cert.	Tue—5:30—7:00 PM
Wood Shop Cert	Thur—5:30—7:00 PM
Lapidary Cert	Thur—5:30—7:00 PM
Do It Yourself Framing	Individual Appointment

Versatile Shellac by Peter Gedrys (Part Two of a three-part series – See CFA Today January Issue 2004)

Premixed Shellac is Convenient

Buying premixed shellac saves you the trouble of dissolving flakes and filtering any residue. Premixed shellacs commonly available at the local paint or hardware store are produced by the Zinsser Co. These include 3-lb. cuts of amber and clear shellac, and a 2-lb. cut of super blond under the name SealCoat. However, a wider selection is available under the Liberon brand and at various online outlets.

Waxed Shellac Gives an Aged Appearance

Shellac in its natural state contains a small percentage of wax. Grades that always contain wax are seedlac and buttonlac, while garnet and orange shellac are available with or without wax. The dissolved appearance of waxy shellac will be turbid or somewhat cloudy compared with the de-waxed types. However, waxed versions are indispensable when imitating a mellow or aged appearance. Waxy shellacs may cause adhesion problems if they are used directly underneath another type of finish such as varnish, but layers of waxed and de-waxed shellac can be intermixed without problems.

If desired, you can dewax the shellac by letting it sit for a period of time in a warm or sunny place. After the solid wax particles have settled to the bottom of the container, carefully decant the clear liquid at the top.

De-waxed shellac highlights color

De-waxed shellac enhances the natural color of wood without visually impairing the grain; it is for all intents and purposes transparent. De-waxed shellac has one drawback. Because most of the natural lubricants or plasticizers have been removed, it is harder to sand. To make sanding easier, you can add a plasticizer called sandarac, available from Kremer Pigments Inc. Like shellac, sandarac is alcohol soluble and in solution is a pale, transparent yellow. It can be added in small amounts, say 10% or less by volume, to liquid shellac and can be used with other finishes without adhesion problems.



Adding color with shellac

One of the benefits of shellac is that you can use it to color wood, and the variations are endless. Applying garnet shellac to a workpiece deepens the color; buttonlac softens and mellows the appearance; orange or ruby shellac makes the piece shimmer with an inner light; seedlac imparts a deep, old brown.

You can use different-color shellacs on the same piece. On the one hand, you may want to give a uniform color to a piece made from boards with contrasting color; on the other hand, you may wish to differentiate parts of the work-piece just as you might use contrasting species of woods such as walnut and cherry.

There are two other benefits to using shellac as a colorant: Because there are no stains or pigments to fade, the color will stay true for a long time. However, if you don't like the color, you can adjust it with another coat of shellac or simply remove it with alcohol.

The color effects you can achieve with shellac vary based on the wood species.

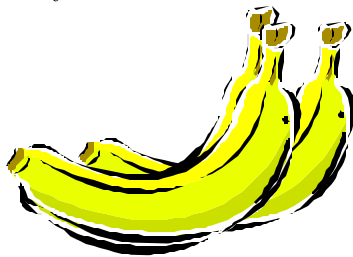
Remember, this is not an exact science and some experimenting is necessary to please your eye. Just take notes on the proportions; after a while it will become intuitive. Because shellac dries quickly, it is not overly time consuming to get a good finish. I could have finished a moderately sized table in the time it took me to write this article

Finish maple and other light woods with seedlac to give an old, brown appearance or buttonlac for a softer, warmer brown. To lighten mahogany, use de-waxed ruby or orange. For an antique appearance, use a coat or two of buttonlac. To soften the red of cherry, use the greenish hue of some garnets. Enhance figured cherry with blond or ruby. To neutralize the purple, use seedlac or garnet. To liven up a dull brown wood, use a ruby and garnet mix. (Look for the final segment of Shellac in the March issue.)

Eagle's Nest

Frosted Banana Bars

1/2 cup butter or margarine, softened
 1-1/2 cups sugar
 2 eggs
 1 cup (8 oz.) sour cream
 1 teaspoon vanilla extract
 1/4 teaspoon salt
 2 cups all-purpose flour
 1 teaspoon baking soda
 2 medium ripe bananas,
 mashed (about 1 cup)



Frosting:

1 package (8 oz.) cream cheese, softened
 1/2 cup butter or margarine, softened
 2 teaspoons vanilla extract
 3-3/4 to 4 cups confectioners' sugar

In a mixing bowl, cream butter and sugar. Add eggs, sour cream and vanilla. Combine flour, baking soda and salt; gradually add to the creamed mixture. Stir in bananas. Spread into a greased 15-in. X 10-in. baking pan. Bake at 350 degrees for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool. For frosting, in a mixing bowl, beat cream cheese, butter and vanilla. Gradually beat in enough confectioners' sugar to achieve desired consistency. Frost bars. Store in the refrigerator. Yield: 3-4 dozen.

Grilled Orange Chicken Strips

2 tablespoons chopped fresh orange segments
 1/4 cup orange juice
 1/4 Cup olive or vegetable oil
 2 teaspoons lime juice
 3 garlic cloves, minced
 1 teaspoon dried thyme
 1 teaspoon dried oregano
 1 teaspoon ground cumin
 1/2 teaspoon salt, optional
 1 pound boneless skinless
 chicken breasts, cut into
 1/4-inch strips

Combine the first nine ingredients in a resealable plastic bag or shallow glass container; add chicken and turn to coat. Seal or cover and refrigerate for one hour. Drain and discard marinade. Thread meat on metal or soaked wooden skewers. Grill, uncovered, over medium-hot heat for 6-8 minutes or until juices run clear, turning often. Yield: 4 servings. Nutritional Analysis: One serving (prepared without salt) equals 192 calories, 56 mg sodium, 63 mg cholesterol, 2 gm carbohydrate, 23 gm protein, 9 gm fat.



February Lunch Menu

Monday, February 2, 2004
 Chicken Fried Steak

Tuesday, February 3, 2004
 Pork Chops

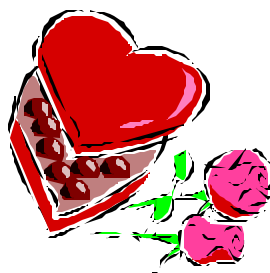
Wednesday, February 4, 2004
 Hamburger Steaks w/Grilled Onions

Thursday, February 5, 2004
 Beef Stroganoff w/Buttered Noodles

Monday, February 9, 2004
 Fried Chicken

Tuesday, February 10, 2004
 Meat Loaf

Wednesday, February 11, 2004
 Mexican Plate



Thursday, February 12, 2004
Valentine's Day Special!
 Get a FREE Piece of Cake with
 Lunch Special of Baked Lasagna &
 Garlic Bread

Monday, February 16, 2004
 President's Holiday

Tuesday, February 17, 2004
 Malibu Chicken

Wednesday, February 18, 2004
 Roast Beef

Thursday, February 19, 2004
 Swedish Meatballs

Monday, February 23, 2004
 Breaded Pork Cutlet

Tuesday, February 24, 2004
 Country Style Baked Ham

Wednesday, February 25, 2004
 Roast Beef

Thursday, February 26, 2004
 Smoked Baby Back Ribs